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DXM ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

* **[illegible]:**
* [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible] [illegible] [illegible].

* **[illegible] [illegible]:**
* [illegible]: DXM [illegible] [illegible] [illegible] [illegible].
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*   **Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint**
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□□□□□□□□ **(Dayquil),** □□□□□□□□□ **(Nyquil)** □□□ □□□□□□ □□ **(Triple C)** □□□□□□□□□□ **комбинирани** □□□□□□□□□□□□□ □□□□□□□□□□□□ **(acetaminophen)** □□□□□ □□□□□□□□□□□□□□□□ **(antihistamines)** □□□□□, □□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□ □□□□□□ □□□ □□□□ □□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□ □□□ □□□□□.

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[illegible] (DXM) [illegible], [illegible].

[illegible], '[illegible]' [illegible]: "[illegible], [illegible]." [illegible], CYP2D6 [illegible], [illegible] CYP2D6 [illegible], [illegible] '[illegible]' [illegible]. DXM ([illegible]) [illegible]: CYP2D6 [illegible], [illegible] '[illegible]' [illegible], [illegible] DXM [illegible]. [illegible], [illegible].

[illegible], [illegible]-[illegible]: [illegible] - [illegible]. [illegible] (DXM) [illegible]. [illegible], [illegible]. [illegible] '[illegible]' [illegible] '[illegible]' [illegible], [illegible].

[illegible], [illegible] (dissociative) [illegible] NMDA [illegible]: DXM [illegible] NMDA [illegible]—[illegible]. [illegible], [illegible], '[illegible]' [illegible]—[illegible] DXM [illegible]. [illegible], [illegible], [illegible], [illegible].

[illegible] (DXM) [illegible]. [illegible], [illegible]. [illegible] '[illegible]' [illegible], [illegible]. [illegible], [illegible] (recovery) [illegible]. [illegible].

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[illegible] (decongestant).	[illegible], [illegible] [illegible] [illegible].	[illegible]: [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible]

- SSRIs (□□□□□□□□/□□□□□□□□□□□□□, □□□□□□□□/□□□□□□□□□□□□□, □□□□□□□□□□□/□□□□□□□□□□□□□□□□□, □□□□□□□□□/□□□□□□□□□□□□□, □□□□□□□□/□□□□□□□□□□□□□): □□ □□□□□ SERT □□ □□□□□□ □□□□□□—□□□□□□□ DXM □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□ □□□□□ □□□□□□. □□□□□□□□□□□□ □□ □□□□□□□□ CYP2D6 □□ □□□□□□□□□□ □□□□□□□ □□□□, □□□□□□□□□ □□ DXM □□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□ □□□□□□, □□□□□□□□□ DXM □□ □□□□□□ □□□□ □□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□ □□□□□□.
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	[illegible] [illegible] [illegible]

[illegible] — [illegible]

[illegible] - [illegible], [illegible] (dissociative), [illegible] (serotonin reuptake inhibitor), [illegible] (sigma receptor agonist) [illegible] (weak opioid) [illegible].

DXM [illegible]. [illegible], [illegible], [illegible] - [illegible] - [illegible] CYP2D6 [illegible]. [illegible]-[illegible] DXM [illegible], [illegible] ([illegible]) [illegible].

1.1 — [illegible].

[illegible].	DXM [illegible]?	[illegible].
NMDA [illegible] ([illegible] - [illegible]).	DXM [illegible] CYP2D6 [illegible]—[illegible] DXM [illegible] NMDA [illegible]. [illegible], [illegible] NMDA [illegible], [illegible] (dissociation), DMN (Default Mode Network) [illegible] '[illegible]'[illegible].	NMDA [illegible]: [illegible] (ketamine) [illegible] (glutamate excitotoxicity) [illegible], [illegible]. NAC [illegible]. [illegible] DXM ([illegible]) [illegible].
[illegible]-1 [illegible].	DXM ([illegible]) [illegible]-1 [illegible]. [illegible]-1 [illegible], [illegible]	[illegible]-[illegible] (DXM) [illegible], [illegible]: [illegible]. [illegible]-[illegible]. CYP2D6 [illegible], [illegible],

	[illegible]. [illegible]-1 [illegible] DXM [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible]-[illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] (SERT) [illegible].	DXM [illegible] [illegible] [illegible] [illegible] [illegible]— SSRIs ([illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. SERT ([illegible] [illegible]) [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] (MDMA) [illegible] [illegible] [illegible] [illegible]— 5-[illegible] (5-HTP) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] 5-[illegible] [illegible] [illegible] [illegible] [illegible] (SERT [illegible] [illegible] [illegible] [illegible] [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] (DXM) [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] 5-[illegible] [illegible] [illegible].
[illegible]-[illegible] [illegible] ([illegible] [illegible]).	DXM [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] (1000mg+), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. DLPA ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] Naloxone [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. DLPA ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible].

1.2 — CYP2D6 [illegible]: [illegible] [illegible] [illegible] [illegible].

[illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible]-[illegible] (OTC) [illegible].

[illegible] [illegible] CYP2D6 [illegible] [illegible]: "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]

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[illegible] - [illegible].	[illegible]. [illegible], [illegible], [illegible].	HTP, [illegible]). [illegible]. [illegible]. DXM [illegible].
[illegible] (ADHD) [illegible] - [illegible].	[illegible], [illegible] ADHD [illegible] DXM [illegible]. [illegible] NMDA [illegible]-1 [illegible], [illegible]. ADHD [illegible] DXM [illegible]-[illegible] (self-medication) [illegible].	[illegible]-[illegible] ([illegible], [illegible], [illegible]) [illegible]. [illegible].
[illegible] - [illegible].	[illegible]— [illegible] (ketamine [illegible]) [illegible] (LSD [illegible]) [illegible], [illegible]. [illegible], [illegible]: [illegible], [illegible] (consciousness) [illegible].	[illegible] - [illegible], [illegible] (NSDR), [illegible], [illegible] - [illegible] (DXM) [illegible], [illegible] '[illegible]'[illegible]. [illegible] (DMN) [illegible] '[illegible]' [illegible], [illegible], [illegible].
[illegible], [illegible], [illegible].	[illegible] (DXM) [illegible], [illegible]—[illegible]: [illegible], [illegible] ([illegible]) [illegible].	[illegible]: [illegible], [illegible], [illegible]. [illegible] (supplement stacks) [illegible]—[illegible].

1. 5 — [illegible].

[illegible] - [illegible]-[illegible]-[illegible] (OTC) [illegible] documented [illegible] (harm reduction) [illegible].

[illegible]—[illegible] FAQ ([illegible]), [illegible], [illegible]. [illegible] '[illegible]'[illegible], [illegible], [illegible], [illegible], [illegible] '[illegible]' [illegible].

[illegible] '[illegible]' [illegible]. CYP2D6 [illegible] '[illegible]' [illegible]. [illegible]: [illegible], DXM [illegible].

[illegible] — [illegible].

DXM [illegible]. CYP2D6 [illegible]— [illegible]. [illegible] (phenotype) [illegible], [illegible].

[illegible].

[illegible]	[illegible].	[illegible].	[illegible] (DXM) [illegible].
CYP2D6	[illegible] - [illegible] ([illegible]).	*4/*4: [illegible] (7-10% [illegible]); *1/*1: [illegible]; [illegible]-[illegible].	DXM [illegible]—[illegible]. [illegible] CYP2D6 [illegible] OTC ([illegible]) [illegible]. DXM [illegible]: [illegible] CYP2D6 [illegible] ([illegible]), [illegible] DXM [illegible] ([illegible]-1, SERT [illegible]) [illegible], dextrorphan (NMDA) [illegible]. [illegible], [illegible] DXM [illegible]. [illegible] CYP2D6 [illegible] (paroxetine, fluoxetine, bupropion), [illegible] '[illegible]' [illegible]. [illegible] CYP2D6-[illegible].
SLC6A4 / 5-HTTLPR	[illegible].	[illegible]/[illegible] [illegible] ([illegible] SERT [illegible]).	SLC6A4 [illegible] '[illegible]/[illegible]' [illegible] SERT [illegible] — DXM [illegible] SERT [illegible], [illegible]. [illegible] ([illegible]. [illegible], [illegible]) [illegible]. [illegible] '[illegible]/[illegible]'

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DRD4 / DAT1	□□□□□□□□□□ □□□□□□□□□□□ -	DRD4 7-repeat (rs1800955);	ADHD □□□□□□□□ DRD4 7-repeat □□□ DAT1 10-repeat □□ □□□□□□□□□□□□ DXM

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- DXM □□□□ □□□ □□□□□□□□ (□□□□□ □□□□□) □□□□□□□□ □□□□ □□□□□□□□ □□□□□□□ □□□□□ □□□□□□□ (ADHD) □□□□□ □□□□□□ □□□ □□□□□□□ □□□ □□□□ □□? → DRD4 7-repeat + DAT1 10-repeat □□□□□□ □□□□□□□ □□□□□□□□. □□□□□□□□□ □□□□□□□□□□ □□ □□ □□□□□□□□□□ □□□ □□□.
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[illegible] 3 — [illegible]: [illegible] (DXM) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], opioid withdrawal [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] LSD [illegible] [illegible] [illegible]—NMDA rebound, [illegible] [illegible] [illegible], HPPD [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] dissociative [illegible] altered states [illegible] [illegible] [illegible].

[illegible] (DXM) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]—[illegible], [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

3.1 — [illegible] [illegible] [illegible] [illegible]?

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OTC [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] 8 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (mindfulness) [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible].
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			[illegible] (dissociation) [illegible]. [illegible]. [illegible].

4.2 — [illegible]: [illegible].

⚠ [illegible] DXM ([illegible]) [illegible] (Nyquil, Dayquil, [illegible]) [illegible]: [illegible] NAC (N-[illegible]) [illegible], [illegible]. [illegible]-[illegible] [illegible].

[illegible], [illegible]. NAC ([illegible]-[illegible] [illegible]) [illegible]—[illegible].

- NAC 600–1200mg [illegible], [illegible], [illegible] 24 [illegible] DXM [illegible]. [illegible] IV NAC [illegible]—[illegible].
- [illegible] ([illegible]. [illegible], [illegible]), [illegible]. [illegible], IV ([illegible]) NAC (N-acetylcysteine) [illegible]. [illegible].
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- [illegible]: [illegible] ([illegible]-[illegible]), [illegible]-[illegible] ([illegible]), [illegible] ([illegible]) [illegible]-[illegible], [illegible].

4.3 — [illegible].

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3. NAC [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible]). [illegible] [illegible] NMDA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible].
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- [illegible] (dissociative escape) [illegible]: [illegible] [illegible]— DMN ([illegible]) [illegible], NSDR ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]altered [illegible].
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			    * **COMT**, **DRD2**, □□□ **MTHFR** □□□□□□□□□□ □□□□□□ □□□□□□□ **(genetic factors) DXM** □□□□ □□□□□□□□□□□□□ □□□□□□ □□□ □□□□.
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			    * □□ **mandatory**.
			    * **Do not run this module**.

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[illegible] 8 — [illegible] [illegible] (Recovery Kernel) [illegible]: [illegible] [illegible].

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[illegible] [illegible] ([illegible] [illegible])	CYP2D6 [illegible]; SLC6A4; COMT; MTHFR; DRD4/DAT1.	CYP2D6 [illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible].	CYP2D6 [illegible] [illegible] (DXM) [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] (ADHD) [illegible] [illegible] (DRD4, DAT1) [illegible] [illegible] [illegible] [illegible].
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[illegible] — [illegible]: [illegible].

[illegible] (DXM) [illegible], [illegible]: [illegible], [illegible], [illegible]. [illegible] '[illegible]' (MAT) [illegible]. [illegible]-[illegible]. [illegible].

[illegible]: [illegible]. [illegible] ([illegible]) [illegible].

8.1 — [illegible] (DXM) [illegible].

- [illegible]: [illegible] (AST), [illegible] (ALT), [illegible] (GGT) [illegible], [illegible]: [illegible]. [illegible]-[illegible]. [illegible]; [illegible], [illegible].
- CYP2D6 [illegible]: [illegible] (DXM) [illegible]. [illegible], [illegible] CYP2D6 [illegible].
- [illegible] (ADHD) [illegible]: [illegible], [illegible]. [illegible]—[illegible].
- [illegible]: [illegible]-[illegible] (PHQ-9) [illegible]-[illegible] (GAD-7) [illegible]. [illegible].
- [illegible] (HPPD) [illegible]: [illegible], [illegible]. [illegible].
- [illegible]: [illegible]-[illegible] ([illegible] decongestant [illegible]) [illegible], [illegible] (ECG) [illegible].

[illegible].[illegible] — [illegible].

DXM ([illegible]) [illegible], [illegible], [illegible]. "[illegible]

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- SAMHSA's Treatment Locator (findtreatment.gov): while DXM is rarely listed as a primary substance, substance use disorder treatment for comorbid depression, ADHD, and anxiety is appropriately addressed through the standard treatment locator.
- □□□ □□□□□: 1-800-852-8336 (□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□) - □□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□ □□□□□□□, □□ □□□□□□□□□□□ □□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□ □□□□□ □□□□□.
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[illegible] (DXM) [illegible]. [illegible] (Bayer) [illegible]. [illegible], [illegible] - [illegible], [illegible], [illegible] (ADHD) [illegible], [illegible]-[illegible], [illegible].

[illegible]-37 [illegible]: [illegible]. [illegible] (DXM) [illegible], [illegible]. [illegible] (NMDA) [illegible], [illegible]-1 [illegible]—[illegible]. [illegible], [illegible].

OTC ([illegible]) [illegible] DXM [illegible], [illegible]. [illegible]. [illegible], [illegible], [illegible], [illegible]. [illegible] '[illegible]' [illegible] '[illegible]' [illegible].

[illegible] (Recovery) [illegible]. [illegible] - [illegible], [illegible] MTHFR-variant [illegible], [illegible] 5-MTHF [illegible], [illegible] SSRIs [illegible]. ADHD - [illegible], [illegible] DXM [illegible], [illegible]. [illegible] - [illegible], [illegible] CBT (Cognitive Behavioral Therapy) [illegible], [illegible] sigma-1 [illegible]. [illegible] - [illegible] DXM [illegible]. NMDA [illegible].

[illegible]: [illegible] (nervous system) [illegible]. '[illegible]' [illegible]—[illegible], [illegible].

[illegible] DXM [illegible], [illegible]. '[illegible]' [illegible]. [illegible] (nervous system) [illegible]. [illegible], [illegible] (cough syrup) [illegible].

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DXM [illegible] [illegible] [illegible] [illegible]: erowid.org/chemicals/dxm | [illegible] [illegible]: 1-800-852-8336 | [illegible] [illegible]: HOME [illegible] [illegible] 741741 [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ **[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible].**
[illegible] (DXM) [illegible] [illegible] [illegible] [illegible] [illegible] (Recovery Kernel) [illegible] [illegible] [illegible] | [illegible]-[illegible] [illegible] [illegible].